

Border Eagle

Laughlin Air Force Base, Texas ... Together we 'XL'



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Air Power
Quotes of the Week

"The modern airplane creates a new geographical dimension. A navigable ocean of air blankets the whole surface of the globe. There are no distant places any longer: the world is small and the world is one."

—Wendell Willkie

Legal Office supports Law Day

By Capt. Lucy Carrillo

47th Flying Training Wing Legal Office
Assistant Staff Judge Advocate

The Laughlin Legal Office is reaching out on Law Day May 1 to help the community understand how the system of law supports the U.S. Constitution.

This is the first year the Laughlin Legal Office is coordinating with the

See 'Law Day,' page 5



Photo by Tech. Sgt. Rory Fleury

Relay for Life

(From left) Janice Bush, 47th Flying Training Wing Legal Office tax adviser, and Master Sgt. Arnold Bush, 47th Flying Training Wing Military Equal Opportunity NCOIC, run alongside Del Rio community members in the annual Relay for Life in Del Rio Saturday to raise money for cancer research in Val Verde and surrounding communities. The 47th Medical Group, 47th Security Forces Squadron, 47th Support Group and 47th Flying Training Wing staff agencies participated. The first place plaque for group donations in the Government Organization Division went to the 47th Medical Group, which collected \$2,386. First place for individual donations went to Dr. (Capt.) Mark Vanderwel, 47th Medical Group, who collected a total of \$1,100.

Test facility hones in on impact of nuclear explosions in space

By Tina Barton

Arnold Engineering Development Center Public Affairs

ARNOLD AIR FORCE BASE, Tenn. — Determining how nuclear explosions in space affect U.S. defense systems is what an Arnold Engineering Development Center team hopes to determine using its new plasma radiation source "cold" X-ray test capability.

Completed in 1999 in partnership with the Defense Threat Reduction Agency, the decade-quad simulator produces the X-ray portions of a nuclear explosion within a highly shielded test cell. The entire test lasts approximately 40 nanoseconds, or about the time it takes light to travel across a large room.

The simulator consists of a pulse power train with 288 high-energy storage capacitors that store electrical energy for a short time before producing X-rays.



In 2000, the nuclear weapons effect team added four Bremsstrahlung diodes that produce up to 20 krad of "hot" X-rays over a 2,250 square-centimeter area for testing larger systems like communication satellites, ground-based interceptor sensors and missiles.

During a hot X-ray test, operators charge capacitors to levels of up to 100,000 volts of electricity. Then, they discharge the capacitors through the diodes to produce a 10 terawatt-pulse electron beam, which impacts on a target producing the "hot" X-ray pulse. Sensors on or near the test article measure and document the amount and type of X-rays produced. The sequence takes approximately two minutes.

"These X-rays deeply penetrate space systems and

See 'Space,' page 5



By Lt. Col. Charlie Ross
47th Flying Training Wing Safety
commander

Common sense key to staying injury-free

The Darwin Awards is an unofficial, Internet site providing tongue-in-cheek salutes to individuals who commit acts that, by most accounts, are considered lacking in common sense.

While a Darwin Award might provide a bit of Internet humor to some people, the thought of a serious or fatal accident occurring here is a recurring nightmare for the 47th Flying Training Wing Safety Office staff.

Initially, I envisioned a safety job as being akin to the Maytag repairman, just sitting around the office drinking Diet Cokes and telling "war stories." After all, safety is nothing more than applying good old common sense to on- and off-duty activities.

If everyone did this, we wouldn't need a safety staff and all of those annual briefings. Unfortunately, elimination of safety staffs won't happen anytime soon because people continue to commit unsafe acts, which often reflect a lack of good judgement. I'll expand on this in a little bit.

Just what does a Chief of Wing Safety do? According to AFI 91-202, I supervise the mishap prevention program for the wing commander, ensuring each organizational commander integrates safety into all wing operations and missions, as well as emphasizing risk management and accountability. Sounds simple enough, but what may surprise you is

that AFI 91-202 also spells out duties for each individual.

Each individual, military and civilian must: (1) Comply with all written guidance and operating procedures, (2) Identify/report hazards in his or her work area, (3) Use protective clothing or equipment, (4) Use risk management to mitigate risks on and off-duty, and (5) Notify your supervisor of any job-related injury impacting your performance.

So, with commander involvement, safety briefings, and all of you folks complying with your duties, why are most of this year's Air Education and Training Command mishap rates up when compared to last year? Automobile mishaps are up 68 percent,

motorcycle mishaps are up 100 percent, military lost duty injuries are up 22 percent, flight Class "C/E" mishaps are up 39 percent, and (most shocking to me) ground fatalities are up 600 percent!

Like I mentioned before, people continue to commit acts without using good judgement. Let me give you examples of what I mean.

All Air Force members know not to drink and drive, to wear seat belts, and avoid excessive speeding. However, all but one of the AETC ground fatalities contained one or more of these deadly combinations, with some containing all three. We

See 'Safety,' page 3



By Master Sgt. Robert W. Thompson
47th Security Forces Squadron first sergeant

What staying in the Air Force means to me

I entered the U.S. Air Force in February 1982. My initial thoughts were to serve four years, then move on to bigger and better things.

My first duty assignment took me to Clark Air Base, Republic of the Philippines, where I performed duties as a military working dog handler. I realized the Air Force had many great things to offer and developed a sense of pride for my job and country.

When the time came to re-enlist, I was still unsure. I think what convinced me to stay in the Air Force was the people, desire to continue my education, and the chance to travel all over the world.

I realized the Air Force had many great opportunities – all I had to do was reach out and take them.

Currently, I have more than 19 years in the Air Force, a Community College of the Air Force degree, and many wonderful experiences.

Pay continues to be on the upswing, and the benefits are getting better and better with each passing year.

The reason I remained in the Air Force was the tremendous amount of benefits that are offered – such as free housing, free food, tuition assistance, full medical/dental, \$250,000 in life insurance for \$20, and organized activities. The list

goes on and on.

When compared to top civilian firms, the total Air Force benefits package almost always comes out on top. What other organization gives you so much responsibility right out of high school, teaches you to be a leader, and offers a fair and impartial promotion system?

My advice to any airman or noncommissioned officer is to seriously take a look at where you want to go, give the Air Force a fair evaluation, and base your decision on facts instead of fiction.

Hopefully your decision will be the right one. Stay with the team!

Col. Jack Egginton
Commander

1st Lt. Dawnita Parkinson
Public affairs chief

Airman 1st Class Brad Pettit
Editor

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Deadlines, Advertising

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Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.

Submissions can be e-mailed to: **bradley.pettit@laughlin.af.mil** or **reginald.woodruff@laughlin.af.mil**

"Excellence – not our goal, but our standard."

– 47 FTW motto

'Safety,' from page 2

at Laughlin have to be extra cautious. In addition to the two lane roads, speed traps, and wildlife, Highway 90 has its share of drunk drivers. To make matters worse, you can conveniently shop for liquor at several locations along the way, without even getting out of your car!

Failure to comply with written guidance continues to result in equipment damage and personal injuries. Examples include removing protective eyewear, using "homemade" tools, and attempting tasks without proper training. The most common excuse is "That's the way we've always done it here." There are usually very good reasons for safety standards, tech orders and written instructions. Typically, it's to prevent the same mishaps from occurring again.

Numerous Air Force bases recently discovered their enlisted troops were taking their "sports and recreation" into the dorms by bashing in each other's brains three nights a week in "organized brawls" reminiscent of the movie "Fight Club." Common sense should tell you that there are better ways to blow off steam than getting pounded repeatedly in the head!

We at Laughlin can reduce mishaps and change the tide of accidents or deaths caused by reckless actions. Simply put, exercise good common sense on and off duty. Follow the rules and watch out for your co-workers. Ask yourself if you are following the smartest course of action. Focus on critical mission areas.

Team XL has a good safety record and we want to keep it that way, not to reduce mishap rates, but because we are saving lives. I don't want to see your name on the next Darwin Award. Drive and fly safe!

Are you good enough?

By Chief Master Sgt. Keith Cobb

71st Flying Training Wing command chief

VANCE AIR FORCE BASE, Okla. – Are you good enough for our Air Force? This is not only a question we should ask ourselves in the profession of arms, but one we should ask of those who are considering staying in America's Air Force or leaving it to find employment in the civilian sector.

Two weeks ago, I attended the Air Education and Training Command Chief's Conference at Randolph AFB. During the conference, retired Chief Master Sgt. of the Air Force Eric Benken spoke about Air Force values and retention.

Chief Benken said we tend to focus on the wrong issues when it comes to retention. Instead of focusing on pay and benefits and trying to draw some artificial comparison with the private sector, which few of us know anything about, we should look our troops in the eye and ask, "Are you good enough for our Air Force? Do you have the character it takes to be a military professional? Are you technically competent and do you measure up to the rigor of military life? Are you tough enough to handle the pressures placed

upon you by this unique and challenging way of life? What do you bring to this team – the greatest Air Force ever assembled in world history?"

Recently, we've taken a "grass is greener" view of the private sector, based primarily on media hype over a robust economy. Of course, many of those who made the decision to separate now face a different economy – one that can lead to an uncertain future.

Pay and compensation are certainly important, but as Chief Benken noted, of the hundreds of separating airmen he asked to follow through and report their civilian compensation, not one responded. Perhaps they found the opposite was true – their military compensation was comparable or even better than what they were receiving as civilians.

No one really knows for certain why they didn't report back; however, these are a few things we should consider regarding military pay and compensation, many of which are lifetime benefits:

- A 20-year retirement plan that doesn't cost a penny
- Thirty days vacation with pay each year, federal holidays, flexible time-off
- Free medical and dental care for servicemembers
- Extremely affordable life in-

surance

- Educational assistance: GI bill, 100-percent tuition assistance
- Portions of pay that aren't taxed (housing, subsistence), per diem when on a temporary duty assignment
- Subsidized child-care
- Free access to fitness centers and reduced costs for other recreational activities like golf, swimming and bowling
- Free legal advice
- Commissary and base exchange benefits of reduced or competitive prices and no tax
- Opportunity to serve at locations worldwide
- Clear and fair promotion paths

"You serve in a place where words like valor, courage, compassion and character take on an added dimension," said Chief Benken. "You wear the uniform of the greatest Air Force in the world. You serve in a profession where your responsibility is preserving democracy, where the bottom line of the balance sheet is freedom, not profit."

Retention is a personal choice, and we should thank those who leave for their contributions and service.

But before we consider someone for retention, we should first ask them, "Are you good enough?"

(Courtesy of AETC News Service)

Actionline

Call 298-5351

personal reply. It's also very useful in case more information is needed in order to pursue your inquiry. If you give your name, we will make every attempt to ensure confidentiality when appropriate.

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle. Before you call the Actionline, please try to work the problem out through the normal chain of command or directly with the base agency involved.

Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions.

This column is one way to work through problems that haven't been solved through normal channels. By leaving your name and phone number, you are assured of a timely per-



Col. Jack Egginton
47 FTW commander

AAFES	298-3176
Accounting and Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299
Commissary	298-5815
Dormitory manager	298-5213
Hospital	298-6311
Housing	298-5904
Inspector General	298-5638
Legal	298-5172
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810
Equal Opportunity	298-5400
FWA hotline	298-4170

Base recognizes quarterly award winners



Capt. Deryck Hill
47th Medical Support Squadron
Company Grade Officer



Master Sgt. Paul John Tanaleon
47th Communications Squadron
Senior Noncommissioned Officer



Tech. Sgt. Jeffrey Walton
47th Aeromedical Dental Squadron
Noncommissioned Officer



Senior Airman Daniel Curtis
47th Communications Squadron
Airman



47th Flying Training Wing



Oscar Bocanegra
47th Mission Support Squadron
Civilian, category I



Pedro Bernal
47th Communications Squadron
Civilian, category II



Senior Airman Keyona Charlton
47th Aeromedical Dental Squadron
Honor Guard Member



Capt. Tracy Szczepaniak
86th Flying Training Squadron
Instructor Pilot

Winners not pictured are:

Jess Raley
47th Maintenance Division
Civilian, category III

Jo Ann M. Nielson
47th Civil Engineer Squadron
Health and Safety Contributor



Newslines

Sport physicals

Parents are encouraged to schedule their child's sport physical around his or her birthday month.

The child/teen's immunization record should be brought to the appointment. Physical examinations should be done annually and are good for one year.

If clearance to play sports is needed and your child has had a sports physical in the previous 11 months, call the Pediatric Clinic at 298-6475 to receive a clearance letter or for more information.

If your child has had any significant, new problems since his or her last examination, make an appointment for a physical.

Physical exams may be scheduled through the appointment desk at 298-3578.

University registration

Park University will hold registration for its summer session from May 7-25.

Park University is also seeking applicants for the Military Family Scholarship for dependents of military personnel. The deadline for applications is Monday.

For more information, call Park University at 298-5593.

Armed Forces Day

Laughlin's Armed Forces Day committee is looking for volunteers to help set up and tear down tables, chairs and display booths May 19 at the Plaza Del Sol Mall in Del Rio.

Volunteers are needed from 8:30 to 10:30 a.m. for setup and from 4 to 6 p.m. for teardown.

For more information or to volunteer, call Master Sgt. Charles Wingate at 298-5991 or Master Sgt. Benny St. John at 298-5441.

Field training exercise

The 47th Security Forces Squadron has been conducting an exercise since Wednesday that will continue today until 1:30 p.m.

Ground burst simulators, smoke and M-16 blank ammunition are currently being used.

For more information, call 1st Lt. Justin Oldt at 298-4315 or Master Sgt. Prince Smith at 298-5466.

‘Law Day,’ from page 1

Val Verde County Bar Association and U.S. Courts on Law Day.

“We are very excited to be doing this, and it is a huge success” said Maj. Cheryl Thompson, 47th Flying Training Wing Legal Office Staff Judge Advocate. “We have participation from just about every attorney downtown, and we are reaching every school-aged child in Del Rio.”

Law Day is an annual event sponsored by the American Bar Association, local legal offices and local bar associations. It is an outreach by attorneys to the community to educate on the importance of U.S. laws within the framework of a constitutional de-

mocracy. This year’s Law Day theme is “Celebrate Your Freedom: Protecting the Best Interests of Our Children.”

Several law activities are planned for the month of May, culminating in a Law Day banquet Tuesday at Club XL.

The Honorable Sergio Gonzalez and the Honorable Dennis Green will be presiding over mock trials put on by high school, junior high and elementary school students in their courtrooms. Many local attorneys from different areas of practice are preparing the students for these mock trials by teaching them how to try a case.

“This is a good opportunity for the courts and attorneys to reach out to the citizens of Del Rio, most importantly its children, in an effort to expose them

to the legal system and its importance to society,” said Judge Gonzalez.

The Honorable Alia Moses Ludlum will have high school students in her courtroom to hear witnesses, evidence and then rule on a motion to suppress. Judge Ludlum expressed that “Law Month is an opportunity for us to demonstrate to the public the importance and greatness of the legal system, which is so fundamental to our democracy.”

Many attorneys are also speaking at local schools on a variety of subjects. Among them are Hector Montalvo, who will speak to Del Rio High School students on the defense of insanity, and Capt. Lucy Carrillo, 47th Flying Training Wing Legal Of-

fice Assistant Staff Judge Advocate, who will speak to juniors at the Del Rio High School on being an Air Force attorney.

A poster and essay contest are also open to all students. The theme of the essay contest is “Should Children be tried as Adults?” The judging will take place in the Laughlin courtroom, with the first place winners of each contest receiving a \$200 cash prize and being honored at the banquet. All of the posters will then be displayed at the federal courthouse.

Invitations to the banquet have already gone out, but anyone in the Laughlin community interested in going may call the Legal Office today at 298-5172 for more information.

‘Space,’ from page 1

damage the internal components such as cables, computer circuits and processor boards,” said Dr. Larry Christensen, one of the AEDC plasma physicists supporting the testing effort.

The latest upgrades produce “cold” X-rays by replacing the four Bremsstrahlung diodes with a water coupler that funnels the electric current from the individual modules into a single load.

“Cold X-rays do not penetrate as effectively as hot X-rays, but ‘land’ on surfaces of satellite optical components such as telescopes, mirrors and lenses,” Christensen said. “By depositing their energy at the surface of the test article, they can damage those components by marring the telescope lens or mirror coatings.”

During cold X-ray testing, a conducting medium, such as aluminum wire or argon gas, is loaded into the center of the plasma radiation source coupler opening. Then, using the same process as hot X-ray testing, 10 million amps of electricity flows through the medium creating temperatures hot enough to vaporize it and strip “K-shell” and “L-shell” electrons from its molecules. The electrons produce the cold X-ray when they give up energy and fall back into their orbit.

“Since a nuclear explosion produces a broad spectrum of X-rays, including both ‘hot’ and ‘cold,’ we need to test with both types to accurately simulate the potential effects,” said Lavell Whitehead, project manager and nuclear weapons effect team coach.

“Because different nuclear bombs emit different X-ray spectrums, our goal is to produce a spec-

trum that matches the type able to affect the customer’s test article,” he said.

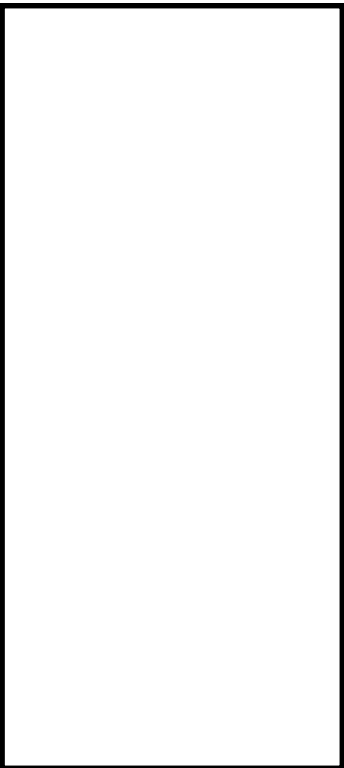
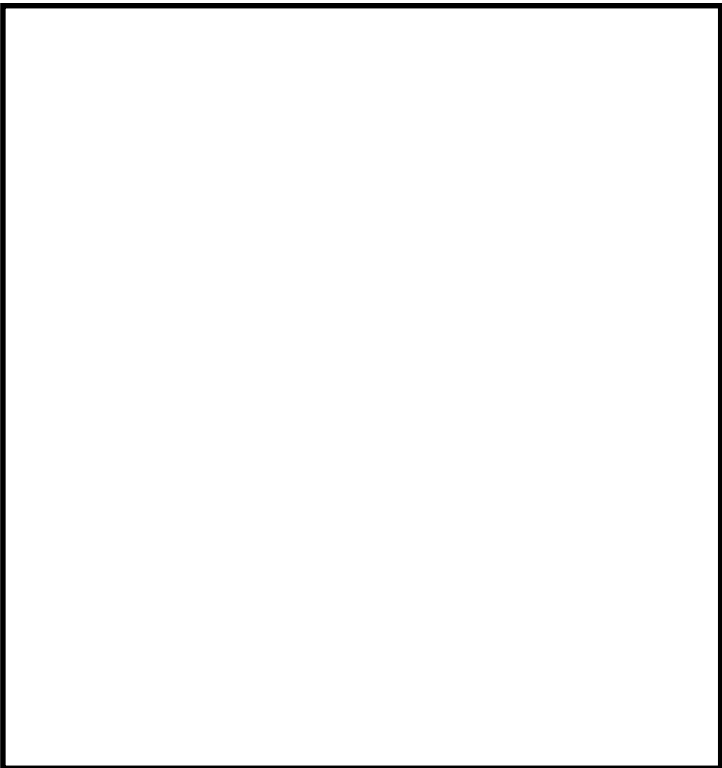
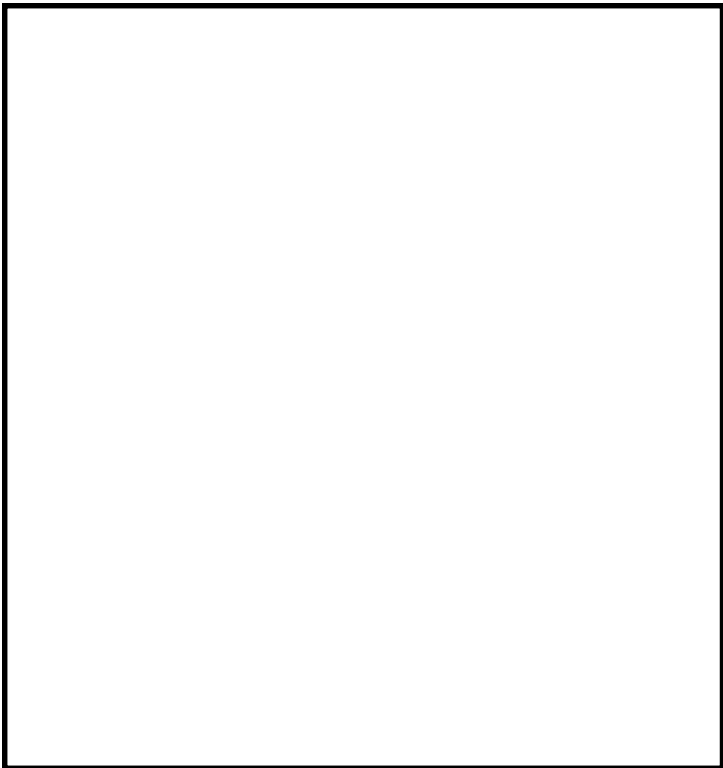
Different mediums can be used depending on the X-ray spectrum being simulated, according to Whitehead,

“In the [testing] quad, different conducting mediums produce different X-ray spectrums, Whitehead said. “When our customer brings a test article in for testing, we determine which spectrums could affect the system and then decide which conducting medium will produce that particular spectrum.”

The nuclear weapons effect team will conduct its final cold X-ray check during April.

The first test using the new capability will be the telescope portion of an exoatmospheric kill vehicle and is scheduled near the end of the fiscal year.

(Courtesy of Air Force Materiel Command News Service)



Base members recognized for ‘playing it safe’

Compiled from staff reports

Three Laughlin members received safety awards April 18 at the Quarterly Combined Safety and Health Council for their performance in handling emergencies and desire to keep Laughlin safe.

Roger Brown, 47th Maintenance Division T-38 engine support section aircraft mechanic assistant, received the 47th Flying Training Wing Individual Safety Award for his quick thinking during a February flightline fire.

Brown noticed a crowd gathering around a T-38 and rushed over to see flames coming from an engine tail pipe. He immediately initiated air motor procedures to put out the fire. When this tactic failed, he grabbed the nearest fire extinguisher and put out the fire, saving a valuable Laughlin asset.

Tech. Sgt. David Morrison, 47th Medical Support Squadron NCOIC of medical maintenance, received the 47th Flying Training Wing Unit Safety Representative Award for his contributions and aggressive efforts in managing the 47th Medical Group Safety Mishap Prevention Program.

1st Lt. Michael Shepherd, 87th Flying Training Squadron instructor pilot, received the 47th Flying Training Wing Individual Flying Safety Award for his actions during a solo flight in October.

Shepherd was flying on a mission from Laughlin to Williams Gateway in Phoenix, Ariz. While 180 miles east of El Paso, he experienced an engine compressor stall and flameout. He directed his wingman to give a vector and distance to Midland, the emergency alternate. After several unsuccessful airstart attempts and deteriorating weather conditions, he was able to land safely.



(Courtesy photo)

Col. Jack Egginton, 47th Flying Training Wing commander, presents 1st Lt. Michael Shepherd, 87th Flying Training Squadron instructor pilot, the 47th Flying Training Wing Individual Flying Safety Award.

SUPT Class 01-08 members transition from

Student Undergraduate Pilot Training Class 01-08 graduates at 10 a.m. today in the Operations Training Complex auditorium.

The 52-week SUPT program prepares student pilots for the entire spectrum of Air Force aircraft and flying missions.

Training begins with three weeks of physiological and academic training to prepare students for flight.

The second phase, primary training, is conducted in the twin-engine, subsonic T-37 "Tweet." In the T-37, students learn flight characteristics, emergency procedures, takeoff and

landing, aerobatics and formation flying.

After primary training, the future pilots are selected for advanced in-flight training in a specialized track.

The tracks include tanker, bomber and cargo aircraft training in the T-1 aircraft; fighter training in the T-38; turbo propeller aircraft training in the Navy's T-44; and helicopter training in the Army's UH-1. Advanced training in a track takes about 26 weeks.

Graduates of Class 01-08 have been assigned to aircraft at duty stations throughout the world.



Capt. Ravi I. Chaudhary
C-17, Charleston AFB, S.C.



Capt. Scott S. Oka
KC-135 Hickam AFB, Hawaii (ANG)



Capt. Jason W. Torgerson
C-5, Travis AFB, Calif.



2nd Lt. Thomas G. Allen
F-15, Tyndall AFB, Fla.



2nd Lt. Peter K. Braxton
KC-10, McGuire AFB, N.J.



2nd Lt. Brian E. Childress
C-141, Memphis, Tenn. (ANG)



Capt. David E. Stockdill
(Class leader)
KC-135, Fairchild AFB, Wash. (ANG)



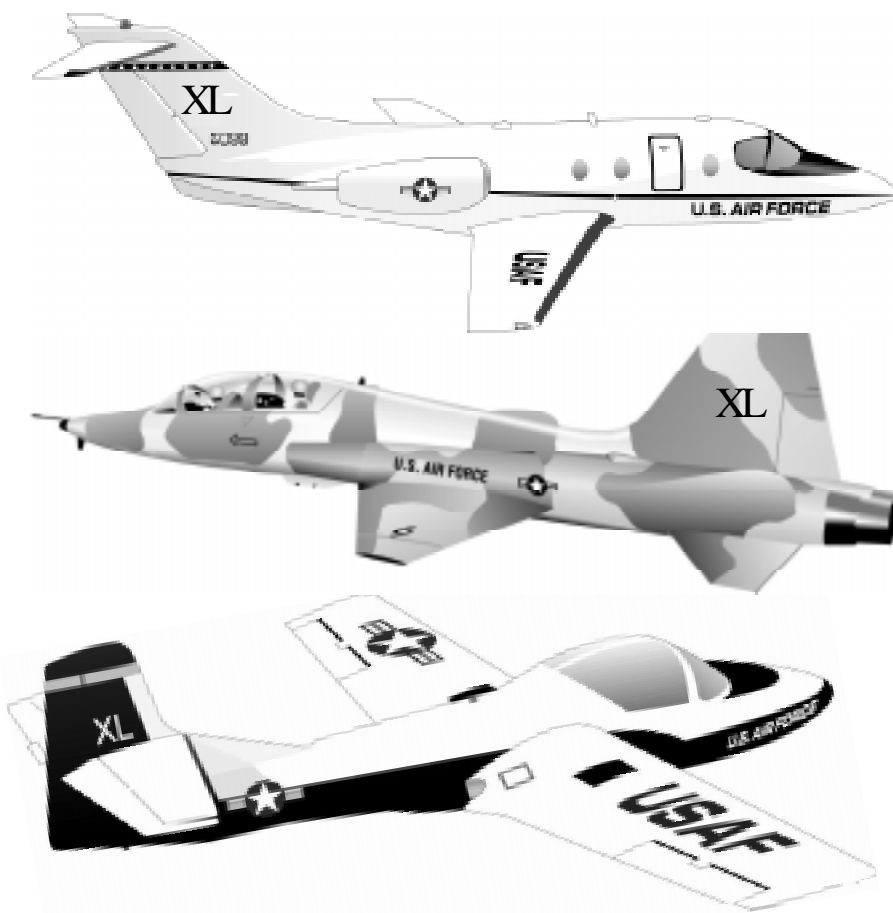
Capt. Joshua B. Ruddell
(Assistant Class leader)
A-10, Davis Monthan AFB, Ariz.



2nd Lt. Ryan M. Freeman
T-38, Laughlin AFB



2nd Lt. Kristi L. Hanson
T-37, Laughlin AFB



students to pilots in OTC ceremony today



2nd Lt. Brian D. Harper
C-9, Ramstein AB, Germany



2nd Lt. Craig D. Ilchner
C-130, Dyess AFB



2nd Lt. Jennifer J. Kabat
B-52, Barksdale AFB, La.



2nd Lt. Jason R. Kirkland
C-21, Randolph AFB



2nd Lt. Federico R. Mendoza
KC-135, Grand Forks, N.D.



2nd Lt. Kevin J. Ormsby
T-37, Laughlin AFB



2nd Lt. David J. Reichert
KC-135, Fairchild AFB, Wa.



2nd Lt. Nathan P. Rhodes
KC-135, McConnell AFB, Kan.



2nd Lt. Francis X. Rurka, IV
F-16, Luke AFB, Ariz.



2nd Lt. Charles M. Sallee
A-10, Davis Monthan AFB, Ariz.



2nd Lt. Andrew B. Schmitt
KC-135, Robins AFB, Ga.



2nd Lt. Taj J. Troy
F-16, McEntire ANG, S.C. (ANG)



2nd Lt. Toshiaki Uemura
T-2, Japan



2nd Lt. James L. Wilson
C-21, Offutt AFB, Neb.



2nd Lt. Brian F. Winkler
KC-135, MacDill AFB, Fla.



2nd Lt. Tsuyoshi Yamane
T-2, Japan

Where are they now?

Name: 1st Lt. Rusty Evers
Class/date of graduation from Laughlin: Class 98-13, Aug. 14, 1998
Aircraft you now fly and base you are stationed at: KC-135R/T, Grand Forks AFB, N.D.
Mission of your current aircraft? The best aircrews and support personnel providing flexible worldwide air refueling and airlift anytime, anywhere
What do you like most about your current aircraft? The Pacer CRAG avionics upgrade package
What do you dislike most about your current aircraft? Insufficient heating and cooling systems
What was the most important thing you learned at Laughlin besides learning to fly? Cooperate, graduate and fly to complete, not to compete.
What is your most memorable experience from Laughlin? Having the 47th Operations Group commander show up at my Mardi Gras party holding his wife's hand with one hand and a bottle of Jack Daniels with his other hand.
What advice would you give SUPT students at Laughlin? Never give up! Maintain your true identity; you will see your classmates and others again somewhere down the road.



Chapel Schedule

Catholic	Jewish
Saturday	Max Stool, call 775-4519
-Mass, 5 p.m.	Protestant
Sunday	Sunday
-Mass, 9:30 a.m.	-General worship, 11 a.m.
-Confession by appointment	-Sunday school, 9:30 a.m. at the Religious Education Building
-Little Rock Scripture Study, 11 a.m. in Chapel Fellowship Hall	Monday
-CCD, 11 a.m., Religious Education Building	Student Wives' Fellowship, 7-9 p.m. Call 298-7365.
Thursday	Wednesday
-Choir, 6 p.m.	- Women's Bible Study, 12:30-2:15 p.m. at Chapel
Muslim	-Choir, 7 p.m. at Chapel
Dr. Mostafa Salama, call 768-9200	

For more information on Chapel events and services, call 298-5111.

Importance of buckling up children is stressed

By Sharon Reeves
*47th Flying Training Wing
Safety Office*

Recently, I was following a station wagon on a local street and noticed the children jumping up and down in the back seat. You have probably noticed cars with unrestrained children in your travels as well.

Newspaper and news broadcasts are filled with the tragic losses of children and infants who died in vehicle crashes because they were not riding in car seats designed to restrain them.

It is tempting for adults to hold a crying infant in their arms or on their laps while driving a short distance. However, there are parents who can attest to the life-

saving benefit of having their children restrained in properly installed child safety seats, and sadly, there are too many who can tell you of the tragic loss of not buckling up their children. Child safety seats, when correctly installed and used, can prevent injury and save lives. The risk of death to infants is reduced by 71 percent and, for children ages 1 to 4, by 54 percent.

In case you're not aware of the law, or choose to ignore it, children must ride in a car seat. Texas law currently requires that children under 2 years of age be placed in child safety seats, and children between ages 2-3 be placed in a child safety seat or seat belt. In Texas, all children between 4 and 14 years of age must ride with seatbelts buckled or in child safety seats. Children between ages 4 and 8 (about 40 to 80 pounds) should have booster seats installed because adult seat belts do not

adequately protect them. The safest place for children to ride is in the back seat, and children under 12 should ride in the back seat.

In 1998, 1,765 children under age 14 died in motor vehicle crashes. One third of these childhood motor vehicle deaths were children ages 4 and under.

Seventy-five percent of motor vehicle crashes occur within 25 miles from a person's home, and 60 percent occur at posted speeds of 40 miles per hour or lower. In Texas, the latest statistics compiled by the Department of Public Safety showed that in 1999, 79 children 4 years of age and under were fatally injured in vehicle crashes and, of that number, 34 children were not restrained.

In 2000, 98 children were killed by passenger air bags. Nearly 89 percent of all children killed by air bags were either unrestrained or improperly restrained.

Twenty percent of these deaths from deploying air bags were to infants in rear facing child safety seats placed in front passenger seats with charged air bags.

The average fine in Del Rio for not having your child restrained in a car is \$86 per child not restrained. There is a maximum fine in Texas of \$500. But getting a citation is not the worst thing that can happen to you. You can read the statistics and see the reports on the nightly news. However, statistics don't even begin to tell you the anguish parents and families feel when their children are killed in traffic accidents – children who probably would have lived had they been properly restrained in safety seats or seatbelts.

Child safety seats must be properly installed, and they must not have been recalled for safety defects. Currently, during inspections of child safety seats, about 85 percent are either incor-

rectly installed or are recalled child safety seats.

To ensure your child safety seat is correctly installed, free inspections are periodically conducted by trained and certified inspectors. Watch for announcements of local child safety seat inspections. In the meantime, here are some prevention tips:

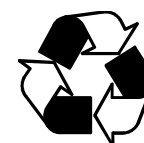
Always use child safety seats and/or safety belts correctly every time you ride. Restrained children ages 12 and under in a back seat. Read your child safety seat instruction and motor vehicle owner's manuals for installation directions.

Infants, until at least 1 year old and 20 pounds, should be in rear-facing child safety seats.

Call the National Highway Traffic Safety Administration's Auto Safety Hotline, (888) 327-4236, to ask about any recalls or safety notices on your child safety seat.



Please recycle...



Father rushes home to see his new baby

By Senior Master Sgt. Sandi Michon

Westover Air Reserve Base, Mass.

The plane had barely touched down on the runway when Senior Airman Richard English ran down the aisle to the front exit. "My wife is having a baby!" he shouted over the flight attendant's protests.

English had just spent most of the seven-hour flight from California on a cell phone coaching his wife's breathing as she prepared to deliver their first child.

The flight attendant at the front of the plane handed English a bottle of champagne as he jumped from the side exit even before the gate was attached. His father got him to the hospital with less than an hour to spare. Tears of fatigue and relief mingled with tears of joy when English and his wife, Kerrie, finally held newborn Michael Richard 50 minutes later.

The daylong drama ended an annual tour and began parenthood – vividly portraying the often delicate balance between duty in Air Force Reserve Command and life.

When English left for Travis Air Force Base, Calif., his wife was eight months pregnant, but the doctor said it did not appear that she would deliver early. When the aeromedical apprentice planned his first annual tour, his first sergeant in the 439th Aerospace Medicine Squadron assured him they would get him home if necessary.

He remained in daily phone contact with his wife while he worked at Travis' David Grant Medical Center.

"It was rewarding to have actual experience in areas I covered in school, but don't get to do at Westover," he said.

As English monitored his wife's pregnancy across the country, co-workers jokingly took bets on her delivery date. The day the Westover medical cadre was scheduled to return home, English received a call from his mother at 5:30 a.m. stating that his wife was in labor.

"Get home," she said.

Within minutes, all his co-workers were up and helping get English on the road. His roommate helped him pack while others arranged transportation to the airport and got him breakfast. His first sergeant made airline arrangements. In just 30 minutes, English was on his way to the airport.

Once airborne, English kept tabs on his wife via the cell phone, and soon everyone sitting around him was involved in the drama. A nurse, seated behind English, talked him through various stages as he coached his wife. During lulls in the action, his "plane mates" anxiously awaited updates.

"I kept trying to calm her [Kerrie] and assure her I would get there. When she couldn't talk because of the pain, I felt so helpless," he said.

Once he arrived at the hospital, the day's strain showed.

"I was trained to help with the delivery, but I was so overwhelmed, I forgot everything," he said.

Now, he readily shows off pictures of his son but has not lost his love for military life and annual tours.

"I can't wait to go on the next one!" English said.

(Courtesy of Air Force Print News)

Question of the week Why did you decide to join the Air Force?



"To serve in the Profession of Arms with men and women of the highest caliber – fly fast and eliminate the bad guys."

1st Lt. John Perrys
47th Flying Training
Wing executive officer



"For the educational benefits, career stability and to travel around."

Senior Airman Tara Cole
47th Flying Training
Wing Legal Office
Adverse Actions NCOIC



"To further my education and see the world."

Senior Airman Jennifer Allphin
47th Flying Training
Wing Command Post
controller

The XLER

Hometown: Houston
Family: Husband, Billy Upshaw

Time at Laughlin: 1 year

Name one way to improve life at Laughlin:

More restaurants

Hobbies: Reading

Greatest accomplishment: Getting my degree

Bad habit: Procrastination

Favorite beverage:

Sprite

Favorite food: Chinese food

If you could spend one hour with any person, who would it be and why? Martin Luther King, Jr., because I could learn how to be selfless and respected



Tiffany Upshaw
Laughlin volunteer

XL Fitness Center seeks people to participate in Air Force May Fitness Month

Compiled from staff reports

The Laughlin XL Fitness Center staff is encouraging base people to participate in the 16th annual Air Force May Fitness Month – Get Fit and have a Ball!

During 2001, fitness centers worldwide encourage Air Force people to make fitness a regular part of their daily lives. Each base conducts special events and programs during May and a worldwide 5K Fitness Run is planned during Armed Forces Week (13-19 May).

“May Fitness Month continues to be one of our major events,” explained Gerald Gott, XL Fitness Center director. “We will conduct both fitness and sports

events to attract newcomers to the fitness center. Their efforts may make them eligible for the grand prize – a trip for four to the Brickyard 400 in Indianapolis.”

The 2001 program, sponsored in part by Gatorade and StairMaster, will use stamp cards where participants accrue points to earn an incentive prize and become eligible for the grand prize.

“Here at Laughlin, we’re working on special fitness events during May, such as a Health and Wellness Center booth Thursday, a Youth Center Fun Walk May 10, a 5k Run/Walk May 16 and a Triathlon May 26.”

May Fitness Month events are designed for all

ages, however individuals must be at least 18 years old to be eligible for the grand prize.

For more information, contact the XL Fitness Center at 298-5326.

NOTE: Prizes to be handed out for events will consist of promotional T-shirts, water bottles from Gatorade, mini footballs, soccer balls, basketballs and miscellaneous items from the youth and fitness centers. Stamp cards will be handed out to individuals at the fitness center throughout the month, and cards will be stamped for participation in health and fitness activities. Cards will be turned in at the end of May for prizes if card is drawn as a winner.



Photo by Airman 1st Class Brad Pettit

Spare!

Senior Airman and expectant mother Samantha Bogumil, 47th Flying Training Wing Command Post controller, tries to pick up a spare for the Charlie’s Angels, the 47th Flying Training Wing team, during the Enlisted Widows Foundation Bowl-a-Thon. An estimated \$1,700 dollars was raised for the Enlisted Widows Foundation, which contributes directly to the health and welfare of spouses of those who have served our country. The Charlie’s Angels team raised \$223.